

## Career and training options for your son or daughter

In this section you will find practical advice for helping your son or daughter with their future career plans.

As a parent it can be difficult to advise your son or daughter about their future career options. There are many options available to them and it can be difficult to know which is the best way to go. Help is on hand though, every young person aged 13-19 has access to a Connexions Personal Adviser, either through school, college or by visiting their local Connexions Centre. Help is also available for you. Below are some handy hints and tips for you and remember you can also contact Connexions for more information.



### What is Connexions?

Connexions services provides careers information, advice, guidance and transition support to young people aged 13-19 and up to 25 years for those with learning difficulties and/or disabilities.

### How do we help your son or daughter?

Our job is to help young people with:

- Choosing courses at school or college
- Career choices
- Careers information
- Job and apprenticeship vacancies
- Volunteering
- Benefits and finance for learning
- Applying for jobs
- Other concerns like money matters, health, housing and relationships - if we can't help, we'll put them in touch with people who can.

Our Personal Advisers are fully trained and qualified to give careers information, advice and guidance. We work with all young people between the ages of 13 and 19 (and up to 25 if they have learning difficulties or disabilities). We offer class and group sessions, but most of our work is through 1:1 interviews, providing individual guidance and support as required.

If your son/daughter needs extra help, we have specialist advisers who help young people with additional learning needs, other special needs, young parents, looked after children, and young offenders.

Whilst your son/daughter is still at school or college we'll work with them there. Once they've left school we can help at one of our Connexions Centres. Please see the [Contact Us](#) section for more details.

We produce lots of relevant information and hold events for young people. Individual schools and colleges also produce their own information to help young people with their subject and career choices.

You can help by:

- Letting them know you're interested in their plans, offering support
- Talking with them about their ideas
- Encouraging them with schoolwork
- Keeping in touch with school so that you know how they're getting on.
- Attending your son/daughter's careers interview and talking about it together
- Encouraging them to use their Connexions Library at school or college or if they have left school visiting the local Connexions Centre.